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26 Active Easter

thenewhammag

issue 271 // 28 March – 12 April 2013

Hammering it home

West Ham United Football Club announced as Olympic Stadium tenants (p9)

Newham London

The winners of each heat will perform at the Mayor's Newham Show in July 2013

TIME TO SHINE

Do you like to perform? Do you have a talent that you want to showcase to the rest of the borough? Are you aged 25 and under?

We'll get your talent out of the shadows and audition for Time to Shine 2013!

Open audition 2013 dates:

Manor Park Little Ilford Youth Zone, E12 6JB	**Friday 5 April** 6.30-8.30pm
Forest Gate Forest Gate Youth zone, E7 0DH	**Thursday 11 April** 6.30-8.30pm
Custom House & Canning Town Shipman Youth Centre, E16 3JH	**Friday 19 April** 6.30-8.30pm
Green Street Priory Park Centre, E13 9DQ	**Thursday 25 April** 6.30-8.30pm
Royal Docks Britannia Village, E16 1TU	**Thursday 2 May** 6.30-8.30pm
Stratford Chandos East Community Centre, E15 1TT	**Friday 3 May** 6.30-8.30pm
Plaistow The Mix (Priory Park Partnership), E13	**Thursday 9 May** 6.30-8.30pm

Please visit **www.newham.gov.uk/timetoshine** for entry rules and regulations.

the newham mag

Look out for the next issue from 12 April 2013

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28 March 2013 // **issue 271**

We celebrate a landmark moment in our borough's history with the news that Newham Council has secured the future of the Olympic Stadium. As joint landlords with the London Legacy Development Corporation, we welcome West Ham United Football Club as our tenant. We will work together to ensure that residents reap the community benefits arising from this momentous partnership (p9).

Community initiatives are at the heart of this edition. We showcase the array of gardening projects we have seen spring up across Newham (p10) and share details of how we can help fund your local get-togethers (p16).

Cllr Richard Crawford
Executive member for community affairs

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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Publication of an advert in the *Newham Mag* does not constitute endorsement of any goods or services offered.

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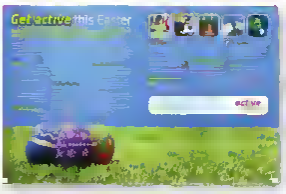

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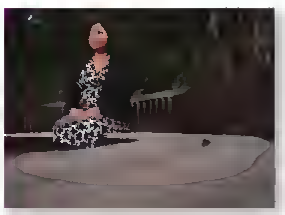

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Newham London

Find us online at www.newham.gov.uk/mag
For information on all Newham Council services visit www.newham.gov.uk

IN BRIEF //

Taxicard scheme to change
From 1 April, the number of trips with the Taxicard scheme will change from 554 to 312 trips per person, per year

The decision to reduce the number of trips was made following a three month consultation

In June 2014, the allocation will reduce to 144 journeys.

For more information visit **www.newham.gov.uk/taxicardconsultation** email **Mary.Hanlon@newham.gov.uk** or call **020 3373 1736**

Let's get growing
The community garden network is holding an event at First Avenue Community Garden First Avenue, E13 on Saturday 6 April, from 12noon -3pm. Activities include.

- seed swap
- food growing workshops
- herbal medicine workshops
- tea and cake
- goody bags
- composting tips
- garden tours

Meet like-minded gardeners and find out how to create a community garden in your neighbourhood For further details email Liz Shearer at **liz.shearer@activenewham.org.uk**

Facts on Chlamydia
In the last edition of the *Newham Mag*, an article about Shine Aloud, the sexual health magazine for young people, stated incorrectly that sexual transmitted infection (STI) Chlamydia is caught through kissing Chlamydia can't be caught in this way

Rianna Raymond Williams said "Chlamydia can be caught through unprotected penetrative sex, including oral sex but is not passed on through kissing. Always use a condom to protect against all STIs "

For sexual health advice visit **www.shine.nhs.uk**

Clocks go forward
Don t forget to put your clocks forward one hour on Sunday 31 March in preparation for British Summer Time

Hearty Lives will beat the odds

Youngsters are leading the way with e health campaign aimed at raising ewareness of heart disease

Hearty Lives Newham, e partnership between Newham Council, the British Heart Foundation end NHS North East London and the City, to reduce heart disease has been working with schools across the borough to introduce heart health learning and educetion into the school curriculum end encourege more physical activity

Children from four schools were part of a showcase event at the University of East London's SportsDock Activities included skipping, emergency lifesaving skills, cricket, zumba and a dodgeball tournament

Councillor Clive Furness, executive member for health end adults commissioning, said "By working with children and young people now, we cen change the health profile of Newham in the future, giving children a real chance of e healthy future "

Diane Card, of the British Heart Foundation, said "It was an energetic end engeging event showcasing lots of different projects with the young people of Newham. It is so important to reise the ewareness of heart health healthy lifestyle choices "

Warning after fake cigarettes haul

Trading Standards officers are targeting fake cigerettes sellers A total of 2,400 counterfeit Marlborough cigarettes, 12 kilogrammes of duty-evaded snuff and chewing tobacco, plus some 5,000 duty-evaded cigarettes of different brands were seized from three shops in East Ham's High Street North area.

Councillor Unmesh Desai, executive member for crime and anti-social behaviour, said "Residents must be very vigilant for these cigarettes. Make no mistake they could be dengerous. Crime end anti-social behaviour are never acceptable here "

If you spot them call 08454 04 05 06 and ask for Newham Trading Standards

Magical tour brings Olympic Park to life

Residents at the Olympic Park

Lucky residents have had a sneak peak at how Queen Elizabeth Olympic Park is being transformed

More than 60 residents, won a *Newham Mag* competition to take a Park In Progress tour and see the iconic 2012 venues As part of their prize, they also received a goody bag filled with Olympic memorabilia

Sital Petel from Stratford said "I really enjoyed the bus tour It was e great dey and it was lovely to spend quality time with my father,"

To find out more or to book a bus tour, visit **www.noordinarypark.co.uk** email **parktours@springboards-marketing.co.uk** or call 0800 023 2030

Government benefits change for housing tenants

Benefit changes are set to bring significant changes for council tenants

From 1 Apnl, rents In Newham will increase by an average of 4.59 per cent

The council has to increase rents to echieve "terget rents" set by the Government

Keeping your costs as low as possible is important to us and despite many financiel challenges Council Tax has been frozen for the fifth year in a row

The council has also written to every housing tenant who we believe may be affected by the 'bedroom tax"

New Government rules mean that if you are considered to be under occupying your home you may find that your Housing Benefit is reduced If you want to consider moving into a smaller property you should join the Housing Register then contact the housing options end edvice team

Mayor of Newham, Sir Robin Wales, said, "We have no choice in this Maintaining fair and affordable rents for our tenants is important to me and I aim to ensure that Newham continues to offer some of the lowest rents in London as well as freezing Council Tax for the fifth year running "

Festival season gets under way

Newham's season of spring festivals are off to a flying start More than 1,200 people joined in the fun at the East Ham community event.

Vicarage Primary School played host to free activities including sports, health advice, music end dancing East Ham organisations also turned out in force to showcase the projects thet everyone can get involved in

Each of Newham's nine community forum areas will host free events with something for everyone end you can also apply for grants to hold an event in your area. The next events are

- **Manor Park,** Saturday 20 April, 12noon-4pm, Kensington Primary School Kensington Avenue, E12
- **Custom House and Canning Town,** Saturday 27 Apnl, St Luke's School, Tarling Road, E16
- **Green Street,** Saturday 4 May 12noon-4pm, Sandringham Pnmary School, Sandringham Road E7,

If you want to know about the spring festivals or how to apply for grant funding, visit **www.newham.gov.uk/communityforums** or **www.newham.gov.uk/goforit**

A Grandmaster and a grand idea for our kids

As a politician, I've faced all sorts of opponents – but never a chess Grandmaster, until now.

I was honoured to play British Champion Gawain Jones at Stratford Library on a giant interactive board as we celebrated the launch of chess classes in primary schools and libraries.

Chess sets and lessons are being introduced into 14 schools, with the aim of expanding to all 64 primary schools in the borough by 2015. Every child in Newham could then learn how to play the world's most enduring game.

Chess is a great way for our young people to build their confidence, concentration and problem-solving skills. I hope as many children as possible take up the opportunity to play this wonderful game.

We are able to do this thanks to a partnership between Newham Council, the charity Chess in Schools and Communities (CSC) and East Village, the first legacy neighbourhood from the 2012 Games.

In time, I hope to see a borough team, a chess festival, and giant chess sets in parks. This project is a great example of how Newham Council works with other organisations, who share a passion in our community.

I suppose you want to know whether I or the Grandmaster won? It was an honourable stalemate but if I'd had more time...

Simply the best: Newham's hat-trick of awards

Staff at Newham Council work hard to transform lives and deliver the first-class services that residents say are important.

I'm delighted their dedication was recognised with the council winning at the prestigious Local Government Chronicle Awards.

The council was short-listed in eight categories – more than any other council – and won three awards – also more than any other council. Our Every Child programme, which encompasses music, reading and sports, was highly commended.

Our efficiency programme, which has so far delivered £114m of savings, took top honours because we've delivered increased spending in key areas such as tackling anti-social behaviour while securing the fifth successive year of Council Tax freezes.

The council's counter-fraud team won for recouping nearly £1m of your money from fraudsters.

Newham's housing team was rightly recognised for being the first local authority to introduce borough-wide private rented property sector licensing.

The past year has been phenomenal for the council and I'm very proud of our staff.

Mayor's view

Stadium victory for Newham

After all the speculation about the Olympic Stadium some might be tempted to utter the words of commentetor Kenneth Wolstenholme 'they think it's all over it is now' The reference is a good one as West Ham had a pivotal role in thet moment in 1966 when England won the World Cup and inspired generations

I'm delighted that the Hammers heve been confirmed as the main tenant of the Olympic Stadium It's enother historic chapter for the football club and our community

Our £40m investment will provide jobs, education and grassroots sport This venture has been made possible via a loan which will be repaid using revenue generated from use of the stadium Rest assured, this is a business investment and this money cannot be used to fund any other services

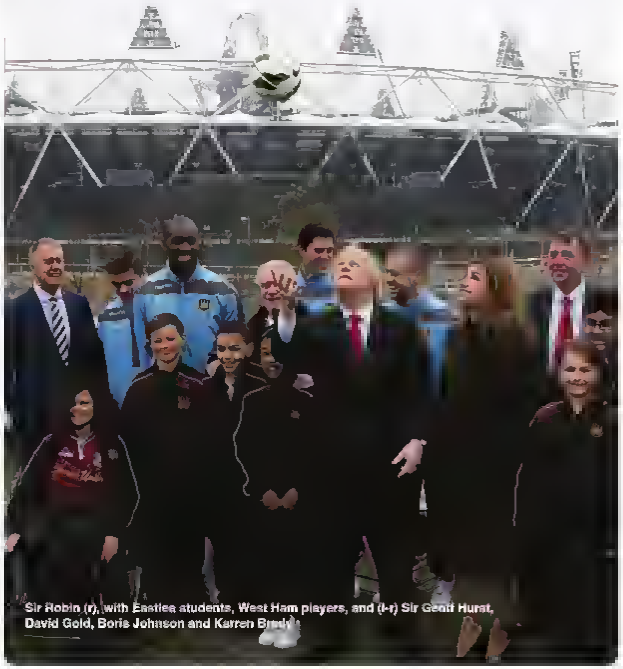
I am committed to ensuring that residents reap the benefits of this deal, from free tickets to events at the stedium to exclusive community access to the iconic venue

The deal will provide us with a share of the profits generated from the stadium We will get tickets for events at the venue so residents get the chance to experience some fabulous opportunities I especially want to reward people who put something into their community, in the way we did during the Games

The stadium transformetion will create 500 construction jobs and there will be meny permenent jobs Added to this will be 220 part-time jobs, the majority of which will be earmarked for Newham residents

More then this, we can now create an inspiring community venue for future generations We have a world class venue to inspire our youngsters and help drive regeneration in Newham Who knows, by encouraging the fire and ambition of our children, we might find our next local hero – a future Bobby Moore or Christine Ohuruogu

Dare I say it, this is a game of two halves We've secured a sustainable future for the stadium but in every sense, this is just the beginning



Sir Robin (r), with Eastlea students, West Ham players, and (l-r) Sir Geoff Hurst, David Gold, Boris Johnson and Karren Brady

with Sir Robin Wales

Newham London

Tea Dances

Put on your dancing shoes and join our tea dance programme to get active and have fun!

Dates:
- Tuesday 23 April 2013 (St George's Day Tea Dance)
- Sunday 19 May 2013
- Thursday 20 June 2013 (East Ham Tawn Hall, E6)
- Friday 19 July 2013
- Manday 16 September 2013
- Manday 14 October 2013

Time: 1.30 – 4.30pm
Venue: Old Tawn Hall Stratfard, E15 (unless stated)
Cost: £3 per person which includes a free raffle and light refreshments

For mare information please call: 020 3373 2879

On track for a great legacy

West Ham United Football Club has been announced as the main tenant of the Olympic Stadium.

Newham Council and the London Legacy Development Corporation (LLDC), has formed a partnership to manage and oversee the Olympic Stadium and Island site for the next 102 years.

The stadium will be transformed into a multi-use, world-class attraction with a year-round programme of sports and events. LLDC, West Ham and the Government are all contributing to the cost of transforming the venue.

Newham Council has secured a 35 per cent stake in the venue for residents, investing £40m which will be repaid through revenue generated by events held in the stadium.

The investment has been made using Prudential Borrowing. This allows local authorities to borrow as long as the investment generates revenue to repay the loan.

This type of borrowing cannot be used to fund any other council services.

Alongside the repayment of the loan, the council has also secured a century of community benefits for Newham residents. This includes exclusive access and tickets to events in the stadium, ranging from athletics tournaments and football matches to music concerts.

An education and training centre will be built in the stadium to improve the skills base of local people and support residents into jobs.

Local schools will be able to hold their sports days in the venue and sports clubs will be able to run on the same track as sporting greats such as Mo Farah, Christine Ohuruogu and Usain Bolt.

West Ham United will move to the stadium in 2016 on a 99 year lease. The club's move will create at least 500 construction jobs and hundreds of hospitality and leisure employment opportunities. The majority of new jobs will be allocated to Newham residents, and additional jobs will be generated via an operator appointed to run the stadium on a day-to-day basis.

With millions of visitors expected, the move will be a catalyst for further economic investment and growth. The proposed sale of the football club's Upton Park site provides regeneration opportunities and the potential to create new housing and jobs in the area.

What the deal means for Newham

- Millions of tickets for our residents
- Additional tickets to sports and other stadium entertainment events
- Exclusive community days in the stadium
- A majority of the new jobs created going to our residents
- Year-round access to the 400m community track
- An annual 10k run that will start and end at the stadium

See how you grow

Whether you've an acre of land or room for a window box, if you'd like to get growing, muck in at your local community growing project.

Community gardens are a great way of learning essential gardening skills, enjoying some fresh air and light exercise and meeting your neighbours. Come harvest time, this is a hobby where you literally reap what you sow and indulge in the fruits of your labour. So spring into action this season and get involved with your local food growing project

Abbey Gardens, E15
Centred around the ruins of a 12th century abbey, this award-winning community garden has just restarted its seasonal garden club. If you'd like a little exercise and a whole hunk of community spirit drop in on Tuesdays, 1pm-3pm, Thursdays, 4pm-7pm and Saturdays, 10am-4pm. Abbey Gardens, Bakers Row, E15. For more information visit **www.abbeygardens.org**

Bonny Downs Community Association community garden
This community food growing space on Flanders Road Playing Fields in East Ham has put down roots and will be holding its launch party on Saturday 20 April, from 12noon-4pm on Melbourne Road, E6. Everyone is welcome. Read more in the next edition of the *Newham Mag*. For more information visit **www.bonnydowns.org**

Dirty Hands Project, E13
Tucked away in Valetta Grove, E13, this former disused space cleverly uses builders bag to grow an array of fruit and veg. The harvest bounty is shared among its volunteers. Sessions are held every Saturday from 10am-3pm. Volunteers must clock up at least 24-hours to be eligible for fruit and vegetable. Find out more by visiting **www.dirtyhands.org.uk**

Dorset Road Community Gardens, E7
This former garage site is now a community garden, promoting the conservation of natural resources and supporting educational projects

The gardens are open from 9am-7pm between May and September and 9am-4pm between September and May. For more information call **020 3373 9622** or email **Zainab.Shaikh@newham.gov.uk**

First Avenue Community Garden
This new growing space is inviting you to Let's Get Growing, an opportunity for like-minded residents interested in gardening to share ideas. On Saturday 6 April, come along to First Avenue, E13, from 12noon-3pm and enjoy a garden tour, take part in a seed swap or herbal medicine workshop and share your green-fingered ideas with other gardeners

Get Growing Club, E6
Central Park on High Street South, E6, is home to the Get Growing club. The group meet by the bowling green every Friday from 11am-1pm for gardening, walks and talks on food and herb growing. All are welcome

Growing placE 16, E16
This award-winning, innovative food growing garden sits with a polytunnel is open on Tuesdays from 10am-4pm and Thursdays from 10am-1pm. Volunteers are welcome to help with the growing and maintenance of the garden at 2 Silvertown Way, (behind The Place), E16. Call Jonathan Shears on **07958 686 721** or email **jshears@corearts.co.uk** for more information

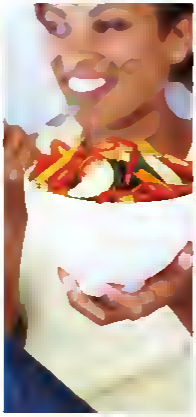
Manor Park Community Garden, E12
This former eyesore site has been transformed into a green haven. The group meets regularly on Saturdays from 10am-1pm, on Manor Park Road, E12 – next to the Royal Mail sorting office. As well as planting projects and garden maintenance, the site is also used as a recreational space – complete with pizza oven and a BBQ! Visit **groupspaces.com/manorparkgarden** for more information.

Play, Sow and Grow, E15
The garden, with its vegetable plots, tree houses, play equipment and chickens also hosts holiday schemes, youth activities and family days. It is open Mondays 10am-12noon, Tuesdays 9.45am-3pm, and Fridays 10am-12noon and 1-3pm. Play, Sow and Grow is at 6 Gay Road, E15. For more information call **020 8522 7337**

William Paton Community Garden, E16
Managed by a local group, this is an award-winning community food growing site and wildlife garden. Regular gardening days are held on the last Sunday of the month from 11am-1pm. Plots may be available for residents living in Custom House. Email **sarah.dodd@newham.gov.uk** for more information

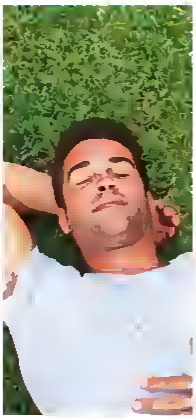
Get growing

For more information on community gardens in your area, or how to set up your own, email Info@activenewham.org.uk, call 0844 414 2728 or visit www.activenewhsm.org.uk and click on the parks section.



Healthy changes on the way

The health of the public isn't just about being ill and having to visit GPs, hospitals, dentists or pharmacists. It is also about staying well and getting the right advice, support and opportunities to live long, healthy and active lives.



Public health functions have been covered by the National Health Service (NHS) for many years, §but from April responsibility will move from the NHS to Newham Council as part of national healthcare reforms

The council has always played a major role in improving public health through its work on increasing employment and raising standards of housing. It will now have a big part to play in commissioning services that improve quality of life. These include helping people to stop smoking, getting a flu jab and focusing on prevention of serious conditions such as cancer, stroke and heart disease.

You won't notice much change in how you access health services and public health programmes. The way you book your GP appointment, get a prescription, or are referred to a specialist will not change

"By taking a strategic view, a stronger leadership role, and better integrating public health with other council services we can make a real difference."

The transfer of responsibility of services will ensure that work the council already does in areas like planning, licensing and community safety is further developed to improve health.

Councillor Clive Furness executive member for health and adult commissioning, said "Newham has significant public health challenges – premature mortality is the third worst in London, life expectancy is well below the London average and health inequalities within the borough amount to more than ten years difference in residents' life expectancy. This is a significant opportunity to make public health work with and for the community

"But it is not just about personal health. It is also about addressing those things that can affect people's wellbeing – things like jobs, housing, poverty, crime and anti-social behaviour. Public health plays a strong role in building personal, community and economic resilience. By taking a strategic view, a stronger leadership role, and better integrating public health with other council services, we can make a reel difference."

If you want to know more about the NHS reforms or to find details of health servicae near you, visit www.nhe.uk

Public health responsibilities

From April, Newham Council has been given resources to fund a wide range of services that cover health improvement and health protection. These include:

- **sexual health**
- **NHS health checks for the over 40s**
- **the national child measurement programme**
- **tobacco control and smoking cessation**
- **obesity and community nutrition initiatives**
- **increasing levels of physical activity**
- **mental health**
- **dental health**
- **accidental injury prevention**
- **interventions to reduce and prevent birth defects**
- **behavioural and lifestyle campaigns to prevent cancer and long-term conditions**
- **reducing excess deaths during the winter months**
- **workplace health**
- **promoting community safety and preventing violence**
- **tackling social exclusion**
- **reducing environmental impact on health.**

Any information about you that hae bean hald previouely by Newham Primary Care Trust will be securely traneferred to new organieations ae part of tha changes in implemanting the Health and Social Care Act 2012. In most casee, the naw organisation will be Newham Council, but may also be Newham Clinical Commissioning Group or the National Commissioning Board.

This change will not affect your rights and has been undertaken to ensure continuity of the delivery of functions within the NHS. If you have any concerns email information.governance@newham.gov.uk

Newham London

Summer events 2013

Dates for your diary

Saturday 13 July

Newham Carnival
East Ham

A vibrant procession celebrating the seasons and cultures of Newham.

Saturday 13 and Sunday 14 July

The Mayor's Newham Show Central Park

Two days of free live music, sports participation, children's entertainment and much more!

Thursday 15 August to Sunday 18 August

Under the Stars
Central Park

Four nights of free outdoor live music.

Saturday 21 September

The Newham London Waterfront Festival
The Royal Victoria Dock

Family fun by the docks including live music, water based activities and a fireworks display.

For more information visit
www.newham.com/summer

Opening knight

In schools across the borough, young people are learning about knights, bishops, kings and queens though the mind-boggling game of chess. But this is no closed tournament. If you'd like to learn how to play, or practice with your chess mates, head to Stratford Library.

More than 300 children enjoyed a day of chess fun and games to celebrate the launch of chess classes in Newham's primary schools and libraries. They were joined at Stratford Library by British chess champion, grandmaster Gawain Jones, who took on Mayor Sir Robin Wales and children from Ravenscroft School, Canning Town, on a giant interactive board.

Chess sets and lessons are being introduced in 14 schools, with the aim of expanding to all 64 primary schools by 2015. It is thanks to a partnership between Newham Council, charity Chess in Schools and Communities, and East Village, the first legacy neighbourhood from the 2012 Games.

As well as promoting chess in schools, the partnership will develop chess clubs and lessons in libraries and hopes to set up a borough team, a chess festival, and provide giant chess sets in parks.

Sir Robin said: "Chess is a great way for our young people to build confidence, concentration and problem-solving skills. I hope as many as possible take up the opportunity to play this wonderful game."

Stratford Library's Chess Club is now open to all. Come along to The Grove, E15 every Thursday from 5.30-7.30pm.

Amira, 8, Carpenters Primary School, E15
"I like playing board games with my friends. Chess is a fun game, it's not too difficult to play and it's not too easy either."

Abida, 10, Ravenscroft Primary School, E16
"I play chess at school and I practise at home with my dad. You have to think carefully about your move because otherwise you might lose the game."

Yusuf, 9, Carpenters Primary School, E15
"I used to play chess with my brother at the weekend. It is fun and I like winning. Now I know how to use all the pieces I find it easy."

Daniel, 8, Ravenscroft Primary School, E16
"I started playing chess when I was three. It makes me use my brain a lot. One day I might be so good that I can teach chess."

By George, it's celebration time

Last year Let's Get the Party Started grants funded more than a thousand fantastic events which saw the community celebrate good times. We're continuing the party with more grants to help your get-togethers go with a bang.

On 23 Apnl Englend's petron saint St George is remembered across Europe – and Newhem is no exception This year whether you went to organise a good old East End knees up, a street party or your very own dregon sleying competition we can support your community event with a small grant

Grants of £250 (and in some cases up to £500) are available for activities that bring people together

Any Newham resident or group can epply The event must be:

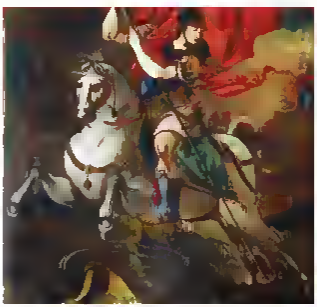
- in Newham
- open to all
- bring people together.

Let's celebrate living in Newham. To apply for a grant email communitygrants@nawham.gov.uk or call 020 3373 1460.

The myth of St George

A long time ago in the country of Silene was a town called Lasia. The town had a lake, where a dragon lived To appease the dragon, the people of Silene would feed it two sheep every dey But then they ran out of sheep, so they started to feed it their children, who were chosen by lottery

One dey the king's deughter was chosen. Dressed as a bride, she was taken to the lake to be sacrificed to the dragon By chance a lone knight was nding past As the dragon rose out of the lake the knight charged and wounded the dragon with his lance Then he bound the dragon and led it back to the city The knight's name wes George



Outside the city, George slew the dragon with his sword Ascalon On the site where the dragon died the king built e church and the weter of its font wes said to cure all disease

PRIVATE PROPERTY LICENSING: THE ENFORCERS GO IN

Newham's enforcers are scouring the streets for private rented properties that have not been licensed, and criminal landlords face fines of up to £20,000 per property.

Council officers and the police have already visited more than 200 properties and the first 20 housing prosecutions against rogue landlords are on their way to court.

Mayor Sir Robin Wales said: "Good landlords have nothing to fear from this scheme. But bad landlords now know clean up your act or pay the price.

"We want to ensure that privately rented properties are well managed and meet a good standard as well as to deal with the crime and anti-social behaviour associated with bad privately rented housing. Our residents, including tenants in privately rented homes, massively back our plans."

Newham is the first council in the country to implement a scheme to license all privately rented properties. It came into force on 1 January – but landlords were given a months extension before it took effect.

So far, 28,500 Newham properties have been licensed. Applicants who registered early paid just £150 for their five year licence. The fee is now £500.

The pioneering initiative was successfully piloted in the borough's Little Ilford Neighbourhood Improvement Zone (NIZ). More than 30 prosecutions were carried out. The pilot saw all privately rented properties licensed.

Newham Council intends to apply the same enforcement strategy to the rest of the borough. A hit-list of all privately rented properties in the borough that are operating without a licence has been drawn up. The enforcement team has the capacity to prosecute more than 500 criminal landlords in the first year alone. If tenants are unsure whether their property is licensed they should check with their landlord.

Kay Boycott, of national housing charity Shelter, said: "We are delighted to hear that Newham Council has introduced this scheme which will help protect vulnerable tenants from bad landlords. We urge other local councils to follow Newham's lead."

For further information visit www.newham.gov.uk/propertylicensing

Newham London

Revised Bank Holiday refuse and recycling collection days

Collection day	Revised Collection Day
Mon 1 April	Wed 3 April
Tue 2 April	Thu 4 April
Wed 3 April	Fri 5 April
Thu 4 April	Sat 6 April
Fri 5 April	Mon 8 April
Mon 8 April	Tue 9 April
Tue 9 April	Wed 10 April
Wed 10 April	Thu 11 April
Thu 11 April	Fri 12 April
Fri 12 April	Sat 13 April

Normal collections will resume from Monday 15 April

Please note that most recycling collections are now fortnightly, so residents are advised to refer to the leaflets recently delivered to their homes for their collection calendar.

recycle

visit www.newham.gov.uk/recycling
call 020 8430 2000

NHS

North East London and the City

CHANGES TO HOW YOUR LOCAL HEALTH SERVICES ARE RUN

From 1 April 2013 your local GPs will be joining together in Clinical Commissioning Groups (CCGs) to take charge of how your local health services are run. CCGs will be responsible for buying most of your health services locally. Your care from GPs or hospitals will not be affected by this.

Primary Care Trusts (PCTs), the NHS organisations who currently commission health services locally, will be abolished on 31 March 2013 as will strategic health authorities.

From 1 April 2013, the NHS Commissioning Board office in London will open to oversee the provision of NHS care in the capital.

For more information on your local CCG please see **www.newhamccg.nhs.uk**

If you have a comment or complaint about the NHS across London, please email **nhscb.londoncomplaints@nhs.net**

If you have already made a complaint to NHS North East London and the City your complaint will be transferred to a new commissioning organisation which will contact you.

Any information about you that has been held by NHS North East London and the City will be securely transferred to a new organisation as part of the changes in implementing the Health and Social Care Act 2012. In most cases the new organisation will be your local CCG, local authority or the National Commissioning Board. This change will not affect your rights and has been undertaken to ensure continuity of the delivery of functions within the NHS.

thenewhammag

To advertise here call Julie Madell on 07890 529 090 or email julie.madell@newham.gov.uk

No butts

Newham is not your ashtray. Whether it's cigarette butts, crisp packets or fast food cartons, litter is litter. Drop it on our streets you could receive an £80 fixed penalty notice.

Dropping litter is a bad habit. Most people wouldn't do it in their houses or gardens and our residents tell us that they don't want to see it on their streets. If you are a litterbug, change your habit before you get caught.

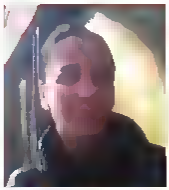
Our enforcement officers are fitted with cameras to help us catch litterbugs and petty criminals. We know that you don't want to live surrounded by other people's rubbish, so tell us who the people pictured are and we will take action against them.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- **You will not be required to provide your name**
- **You will not be required to leave your contact details**
- **You will not have to make a statement.**

Ref: MR3561



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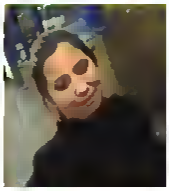

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Ref: MR7610

Ref: MR5720

Please call 020 3373 4479 and quote the reference number by the picture.

CAUGHT ON CAMERA

Newham in pictures

1 Have a throw at getting healthy – the Hearty Lives showcase at the University of East London **2** Children's chess takes off at Stratford Library **3** Shouting out about heart health at the Hearty Lives showcase **4** Eastlea School students and West Ham United players Elliot Lee and Blair Turgott celebrate the stadium deal with a spot of keepy uppy **5** Getting down with dance at the East Ham Spring Festival

Mrs Rai came to Beckton in 1998. Her first year was difficult. The school went into special measures, parents removed their children and academic standards were low. But Mrs Rai isn't the kind of person to give up. She had a vision for the school and the determination to make it a reality.

North Beckton Primary now has Outstanding status from Government school inspectors. Two years ago it became the first of Newham's four Teaching Schools, supporting and training other schools locally and nationally.

As a child Mrs Rai was a very keen reader. Some mornings her father would find her asleep with her head on an open book rather than a pillow. Not surprisingly, she has embraced our Every Child a Reader (ECaR) programme and all her staff and teaching assistants are trained in phonics.

What did you do to turn the school around?

Basically, everything – establishing the curriculum, making sure the right staff were appointed and could cope and getting the parents on board. I believe it is about expectations, making sure that parents, children and staff are working together, because if you don't expect a lot then you don't get a lot.

Can you tell us about your results?

Our children do very well. We are above the national average for Key Stage One and Two and that includes children with special needs.

The most important people in the school are the children. When they are confident, they achieve. If they enjoy being in school, enjoy the curriculum, they will achieve. It is important that everybody is inspired to do their best, not just in education, but also in confidence, honesty and becoming good citizens. It is about expectation. It's not a soft option, it's about excellence.

How do you reward achievement?

We celebrate the successes of our children

School colours

Head teacher Manjit Rai has made North Beckton Primary School, E6, a place where respect, a willingness to learn and achievement are valued above everything else. In January she received an OBE for her services to education.

and ot our school and we do it in a variety of ways. One example is our echievement assembly. The children win points in their subjects for how they behave and if they have been kind or helpful. Twice a year the top three students from each class are awarded gold, silver or bronze. We invite the parents and there is a big celebration. Every child aspires to be on that stage.

How does the school manage bed behaviour?

Eech year we start with class discussions about whet behaviour is expected. The children help decide our behaviour policy and the values that we hold dear. As with any school, things can heppen, but our values go from top to bottom and the children know we don't allow things like bullying or racist behaviour. The children help regulate each other's behaviour too. Older students can become peer mediators. They receive training and help resolve disputes in the playground.

What are the benefits of ECaR?

The mein edvantege is thet the children learn to read quickly. As well as the scheme books they also have other books they can enjoy and read with their parents, peers, and teachers. The love of reading is something we promote and hold very dear.

We have also taken up Every Child a Musicien. It is e greet programme. Our children perform at assemblies and we have hed a concert for our parents. The fact that every child is able to take part is fantastic.

How did it feel to receive an OBE?

It was incredible. We actually drove through the main gates of Buckingham Palece; my children almost freaked out! I received my OBE from Prince Charles; it was e great honour. I'm really proud for the school as well. It recognises all the work we heve done, my work, the work of my staff, the children, their parents and the whole community. It's an absolute privilege to work here.

Newham London

is this my room?

Fostering
what would you say?

For a career that's financially and emotionally rewarding call us free on

0800 013 0393

newhamfostering.co.uk

Your Easter spring cleaning guide

For many of us the long Bank Holiday weekend means spring cleaning and DIY. If that applies to you, here are a few tips to save you some money.

Free bulky waste collections

If you are having a spring clear out you can get bulky items removed for free. Newham Council can collect up to six items at e time. Bulky waste items are collected within two working days of receiving a request

Leave your items outside your home in your front garden or communal bin area prior to booking the collection. To book a bulky waste collection visit **www.newham.gov.uk/MyNewham**

Garden makeover

For those of you with green fingers, we also collect green garden weste, including grass cuttings, small branches and weeds. This is collected within two working days of receiving your request. Just leave it in black refuse sacks at the boundary of your property. Don't overfill your bags or bundles as our staff must be eble to lift tham. To book a collection visit **www.newhem.gov.uk/MyNewham**

Getting rid of waste yourself

If you cen t wait to get rid of your rubbish you can always make a trip to Jenkins Lane Reuse and Recycling Centre (RRC), Jenkins Lane, IG11. It's open every day from 7 30am–5 45pm This service is free for Newham residents. Remember to take proof of identity and address, like a driver's licence or Council Tax bill, or you will be charged (£40 for the first 180kg)

Home composting

Not only is composting good for your gerden, it also reduces waste going to landfill which is great for tha environment, 220 litre Blackwall composters are just £4 (normally £29 95) and the 330 litre version is just £5 (normelly £34 95).

For tips on composting or to order a subsidised composter visit **www.newhem.getcomposting.com** or call **0845 130 6090**.

Not on our doorstep

It is an offence to drop litter or dump rubbish on our streets; use a bin or take your rubbish home with you. If you want to get rid of household waste or bulky items, Newham Council collects most items for free. If you're caught littering or fly-tipping you could face a fine of up to £50,000, five years imprisonment or both.

Report dumped rubbish by visiting **www.newham.gov.uk/MyNewham**

All Newham households will continue to receive weekly rubbish collections.

Get active this Easter

Make the most of your Easter break with sensational sports and amazing activities for children, young people and families

During the Easter school break, from 29 March to 14 April, activeNewham, Newham's new independent leisure trust is working with Newham Council to deliver a programme of activity to keep busy minds entertained.

Kids' stuff

[illegible] to keep fit with [illegible] or work up a [illegible] with [illegible] 11 to [illegible]-year-olds. [illegible] leisure centre or the activeNewham website, **www.activenewham.org.uk**, for more details.

The Kidz playscheme at Newham Leisure Centre, E13, for five to 11-year-olds combines sports with creative arts and crafts. **Sessions take place from 2 to 5 and 8 to 12 April and run from 8am-6pm.** Costs are £13.35 per day or a discounted rate if you book for the whole week. Call 0844 414 2728 to book.

Kick off with football

Whether you want to play competitively or enjoy a friendly kickabout, stay in touch fit and learn new skills with Leyton Orient and the London Football Association. Specialist coaches run qualified coaches and aimed at ages eight to 16.

FREE Leyton Orient FC sessions: 2, 3, 4 and 8, 9, 10, 11 April, 11am-1pm daily, Stratford Park, West Ham Lane, E15.

London Football Association sessions: 2, 3, 4 and 8, 9, 10 April, 1-4pm, Newham Leisure Centre, Prince Regent Lane, E13. £2 per day or £5 for three days.

Represent Newham

If you enjoy the 2012 Games, go down to the year's trials for the Ballot Team London Youth Games, the largest annual youth sports event in Europe. The trials are open to residents aged nine to 15 for the following sports:

- **table tennis**
- **volleyball**
- **girls' football**
- **badminton**
- **triathlon.**

Trials will be held from 11am-1pm on 3, 4, 5 April at Newham Leisure Centre, Prince Regent Lane, E13. To take part, pre-book your place by calling 0844 414 2728.

Learn bushcraft skills

[illegible] with nature in the wilderness? Could you build a shelter and provide your own food? If you'd like to learn bushcraft basics, come along to Forest Lane Park, E7, on Friday 13 April. The family sessions will teach you how to forage for food, build a fire without matches, bake bread on an open fire and more.

Bushcraft at Forest Lane Park, Forest Lane, E7. (Meet outside Forest Lane Lodge)
Saturday 13 April, 10am-4.30pm, adults £15, children under 16, £5.
Sunday 14 April, 10am-1pm, adults £7, children under 16 £3. Booking is essential. Call 0844 414 2728

Try triathlon

Put your fitness to the test with triathlon which combines running, swimming and cycling for an all round active experience

Open sessions for anyone aged over eight are being held on Sunday 31 March from 10am-1pm at Newham Leisure Centre, Prince Regent Lane, E13. Adults £5 for British Triathlon Federation (BTF) members; non members £8. Children under 16, £2 BTF members; non members £3

Active fitness sessions for girls

FREE daily female only supervised gym sessions for ages 11 to 16 with qualified coaches. Sessions are held at Newham Leisure Centre, Prince Regent Lane, E13, from 2 to 5 and 8 to 12 April: Mondays, 2-3pm; Tuesdays, 3.30-5pm, Wednesdays, 1.30-2.30pm; Thursdays, 3.30-5pm; Fridays, 1.30-2.30pm.

Badminton for beginners

Speed, agility and mental alertness are all skills that you need for badminton. Sessions are run by qualified coaches from the Black Arrows Badminton Club and are open to young people aged seven to 16. Learn how to play or improve your existing skills. Badminton sessions will be held on 2, 3, 4, 5 and 8, 9, 10, 11, 12 April, 10am-12noon. East Ham Leisure Centre, Barking Road, E6, £3 per session

FREE swimming

If you're aged under 16 or over 60 and are a competent swimmer, you can swim for FREE at all of Newham's leisure centres during public swimming sessions. Ask for more information at your leisure centre

Go wild for FREE

Experts from the Field Studies Council are encouraging you to Go Wild this Easter. Learn how to make homes for birds and bugs, create jewellery from trees and identify birds.

Thursday 4 April, 11am-4pm, Newham Leisure Centre, Prince Regent Lane, E13, FREE. Wednesday 10 April, 11am-4pm, Central Park, High Street South, E6 FREE

For full details of all Easter events and activities, go to any Newham leisure centre, library or Local Service Centre. You can also visit the what's on pages at www.activeNewham.org.uk or call 0844 414 2728 Calls are charged at local rate and will cost no more than 5p/min from a BT landline; charges from other networks may be higher.

active newham

Got something to shout about? Email your ideas to newham.mag @newham.gov.uk

YOUR SPACE

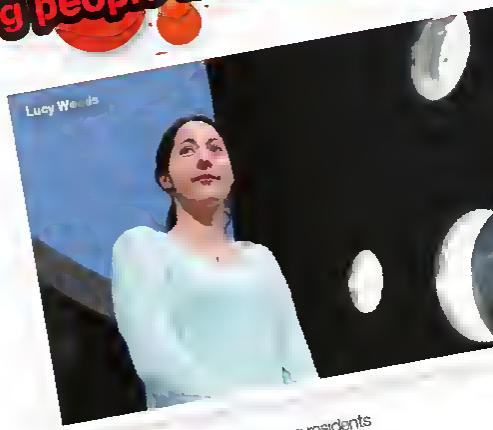
where young people take control

A NEETER WAY TO GET AHEAD

Lucy Woods, 22, from East Ham is studying journalism at the University of East London. She gives us a young person's view of what it means to be NEET.

"NEETs are 16 to 24 year olds not in education, employment or training there are 132,000 in London It's an important issue for Newham as we have the highest number of young people in the country

'I attended an event by think tank Policy Exchange to find out what opportunities are available to young people There are lots of innovative programmes, but I felt they lacked crucial personal and financial support, which could mean the world of work is missing out by not employing talented young people



"Young people in Newham are proactively seeking out new opportunities, despite the uncertain economic climate"

"When I was NEET I decided further education would benefit me. I graduate in May and could be NEET again so I went to the Workplace careers fair to see what it had to offer young residents

"I discovered apprenticeships, jobs, volunteering and qualifications Most surprisingly, unlike the initiatives at the Policy Exchange event, there ara paid and supported opportunities I found flexible courses for young people from Newham Training and Education Centre (NewTec) and fashion label Caramel Rock Training and employment provider SeeTec, in Stratford, offers incentives to employers who take on 16 to 24 year olds

"Osman Ali, 19, enthusiastically told me about his apprenticeship with Newham Council. Even those not in work, like Newham College student Cassius Bishop 18, are grabbing every opportunity available to them. Cassius volunteers for the British Heart Foundation, Emmanuel Youth Project and the Prince's Trust

"Young people in Newham are proactively seeking out new opportunities, despite the uncertain economic climate Looks like Newham NEETs are looking up.'

If you are looking for work, drop in to one of Workplace's offices in Stratford, Canning Town or East Ham. Call 020 8430 4331 or visit www.newhamworkplace.co.uk

Outdoor catering opportunities

Do you live in Newham or is your catering business based in the borough?
If so, would you be interested in catering at The Mayor's Newham Show, Under the Stars or Guy Fawkes Night Fireworks Display?

For further information please contact:
Alex Reynolds-Cocroft
T 020 3373 1774
E alex.reynolds-cocroft@newham.gov.uk

Do you want to apply for Indefinite Stay or British Passport? We can help you to pass the test.

- ESOL Citizenship Course
- Life in the UK Test Training
- Speaking & Listening Only
- Certificate & Citizenship letter accepted by the Home Office
- No Books, No Computers
- Part Time & Week end Classes
- We train you until you pass
- Relaxed & Comfortable

Call us now! Tel: 0208 279 0719
208 High Road, Leytonstone, London E11

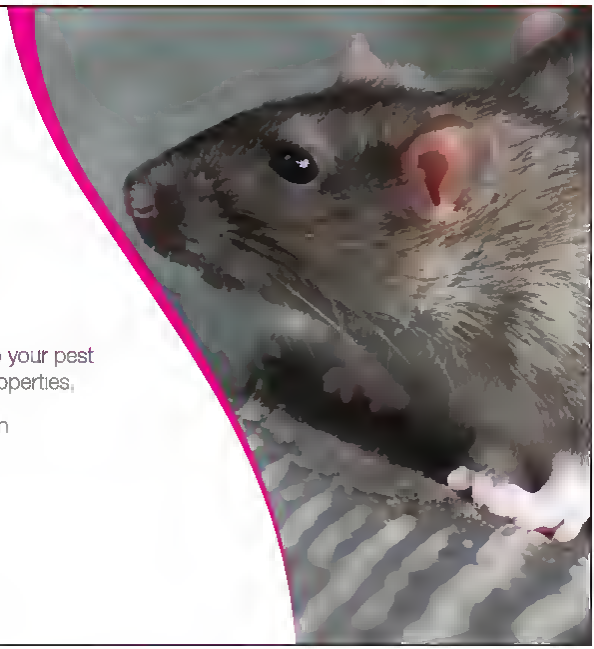
Newham London

Newham council will MOT your vehicle
£40 for Newham residents

Contact us on **020 8472 0343**
or email **mot@newham.gov.uk**
Appointments only
Class 4 vehicles only (cars)
Central Depot Jenkins Lane Barking Essex IG11 0AD

Newham London

Pest Control Services



We offer competitively priced, long term solutions to your pest control needs in both residential and commercial properties.

Call us now to discuss your requirements and obtain a **FREE** survey and quotation

Contact us
Call: 020 8430 4133
Email: pestcontrol@newham.gov.uk
Visit: www.newham.gov.uk/pestcontrol

Get on track

If you're disabled, want to learn how to cycle or want to find out more about disability sports, come along to the All Ride Celebration Event

London Legacy Development Corporation and Bikeworks are hosting a free cycling event with accessible cycling sessions for disabled people and their families

Paralympic medallist Jody Cundy will be joining residents for a ride and all equipment will be provided as well as a goody bag for you to take home

All are welcome to the All Ride Celebration Event

Come to the ViewTube, The Greenway, Marshgate Lane, E15 on Saturday 6 April from 12noon-4pm (nearest DLR Pudding Mill Lane). Drinks and snacks will be provided.

For a map of the location **www.theviewtube.co.uk/location** To pre-register, email your full name, address and accessibility requirements to **info@londonlegacy.co.uk** (registration is not compulsory)

Become a befriender

Newham Bereavement Service is recruiting and training volunteers to befriend bereaved people in the borough

If you have at least of six hours to spare every month are committed and flexible with your time you could become a volunteer You don't need any experience, just dedication and empathy

As a volunteer you will be asked to provide regular support and visits to bereaved residents supporting them emotionally and helping them with their daily activities

As a volunteer, you can learn new skills and build up experience All travel expenses are reimbursed and references can be provided after three months

To become a befriender or to find out more visit **www.stjh.org.uk** email **l.colclough@stjh.org.uk** or call **020 7540 0277.**

Film night for all

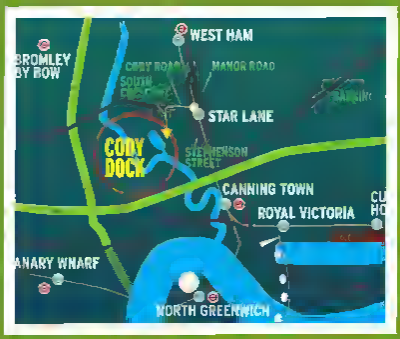
Top deck of the River Princess

Jump aboard the River Princess boat for a night of entertainment

The River Princess is showing *Dance on Screen* – a selection of short films made by independent film makers

Come along on Saturday 6 April, 8pm, on board the River Princess, moored at Cody Dock, 11c South Crescent, E16 (nearest station Star Lane DLR). Tickets cost £3. Refreshments are available to buy on board

For more information, or to submit a film for screening, email **dominiquerivoal@yahoo.co.uk** or call **07813 345 057.**



Find out about support for carers

Newham Carers' Network is holding a meeting on Thursday 11 April from 5.30pm

Carers can come along and find out more about the support available to them, meet others and share experiences.

A carer is someone who, without being paid, looks after a family member who could not manage without their help

Speakers will provide information about changes to welfare and housing benefits and will be able to tell you where carers can go for support or advice

Come along to St John's Church, Broadway, E15. Refreshments will be provided.

For more information call **020 8519 7536** or email **jackie.hardy@renewalprogramme.org.uk**

Sellers wanted for nearly new sale

If you're having a spring clearout sell your unwanted goods at NCT's nearly new sale

Parenting charity NCT is holding a sale giving you the chance to de-clutter while fundraising to support other parents in the UK.

Sellers of maternity items, children's and babies' clothing and accessories, including toys, books and other equipment, are invited to have a stall at the next sale taking place on **Saturday 27 April from 11am-12.30pm at New City Primary School, New City Road, E13** All are welcome to attend the sale and pick up some bargains. Thirty per cent of your profits will go to NCT

To find out more about how to become a seller, email **newhamnns@yahoo.co.uk**

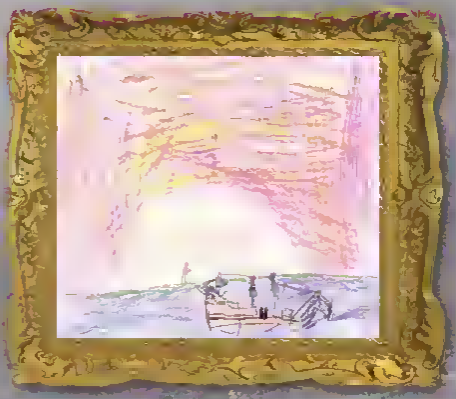
For more information on NCT visit **www.nct.org.uk/nns**

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

GALLERY



Nuhaj Aziz, 9

Vidusen Kanagalingam

Aysa Siddique, 10

Karen Charles, 8

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry **Good luck!** Visit www.picturehouses.co.uk to see what's on

Poem

Dreams

Winner

My dreams are great,
Entering another place,
Where I'm a princess,
Or where I've won a race.

My eyes are closed tight,
Mind opened wide,
As the stars shine bright,
Through dreamland I glide.

I soar through the sky,
Faster than a hare,
Wondering why,
We get nightmares.

A golden light shines,
My dreams fade away,
It's finished, that dream of mine,
Until the end of the day.

Amani Islam, 9

Colour-me-in Wordsearch

C	E	R	Z	G	A	P	M	I	H	A	T	S	N	R	U	T	S	T	T
C	R	A	N	R	B	A	D	A	C	A	C	E	A	A	N	W	E	D	G
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C	P	F	R	E	C	E	J	O	S	O	L	I	Y	E	A	I	T	Y	R
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I	S	A	S	Y	F	S	S	R	N	P	T	H	T	C	T	T	L	P	P

Activity	Playing	Swing
Children	Ropes	Training
Criss-Cross	Routine	Tricks
Jumps	Skipping	Turns

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN!

To view hundreds of events, or to add your own, log on to **www.newham.gov.uk/whatson**

28 MAR – 12 APR

OUR THRILLING THREE...

1. **A Space of Potential** – Art exhibition by Rachel House Open Monday to Friday 9am-5pm at Stratford Circus Theatre Square, E15 until 3 May Call **020 8279 1001** or visit **www.stratford-circus.com**

2. **Manor Park Spring Festival** – Saturday 20 April 12noon-4pm, Kensington Primary School, Kensington Avenue, E12 Call **020 3373 1267**, email **shabana.qadir@newham.gov.uk** or visit **www.newham.gov.uk/playyourpart**

3. **Gemini Square Dance Club** – From 8 April Mondays, 8 10 30pm, Chandos Community Centre, Colegrave Road, E15 £4 per session refreshments included. Call **020 8529 1602** or email **mbro22@hotmail.com**

MENTION THE MAG...

If you are aged between seven and 16, step into the spotlight and take to the stage at Theatre Royal Stratford East.

Stage Studio deliver professional performing arts training to young people and teach a combination of street dance, drama and singing at weekly sessions.

Mention the *Newham Mag* and on Sunday 14 April come along to a free taster session

The session will be held from 12 30-3pm at Theatre Royal Stratford East, Gerry Raffles Square, E15 Sessions usually cost £15

For more information on Stage Studio visit **www.stagestudio.co.uk** email **info@stagestudio.co.uk** or call **07907 477 135**

TRY SOMETHING NEW... COURSES FOR ADULTS

Are you looking for ways to improve your job prospects? Want to discover a new career or try a new hobby? You can tick all of these boxes by visiting Gainsborough Learning Centre

The centre holds a range of innovative and exciting part time courses for adults which can help you realise your full potential Subjects include business and accounting, catering, fashion, basic maths and English and more Concessions are available to those who receive state benefits

Come along, find out more and sign up for a course. Enrolment takes place between **Wednesday 10 and Thursday 11 April, 10am-7pm and Friday 12 April, 10am-4pm** at Gainsborough Learning Centre, 1 Hamilton Road, West Ham, E15

For prices or to find out more call **020 3373 1290**

Indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night
Entertainment every Mon, 8pm, Theatre Royal Stratford East Gerry Raffles Square E15 Visit www.stratfordeast.com/comedy_night

Mini Musical Makers
Free music and story building sessions for 2-5 years
Wed afternoons Discover Story Centre, 383-387 High Street, E15 Call 020 8536 5555
Mon mornings, The Hartley Centre, 267 Barking Road E6 Call 020 7540 6923
Free entry to Discover Children's Story Centre when you attend.
Free music therapy sessions for 2-5 years
Thurs, 3-4pm at Shrewsbury Children's Centre, Shrewsbury Road, E12 Call 020 3373 6050
Fri, 2 15-3 15pm or 3 45 4 45pm, Susan Lawrence Children's Centre, Lawrence Avenue, E12 Booking is essential Call 020 3373 7227

COMMUNITY LEARNING

Do it Online
Basic computer sessions for all All sessions take place at local libraries You must book in advance
Tues, 10am-12noon, Beckton
Tues, 2 4pm, Plaistow
Wed, 2-4pm, Stratford
Thurs, 10am-12noon Canning Town and Manor Park
Fri, 2-4pm, East Ham

Knit & Natter
Craft group for adults, at local libraries
Fri, 10am-12noon, Canning Town

Basic Numeracy (19+)
From 25 Mar Mon-Thurs, 10am-5pm and Fri, 10am-1pm, Jack Cornwell Community Centre, Jack Cornwell Street, E12 Call 07943 887 612/ 07507 173 272

UNDER-FIVES LIBRARY ACTIVITIES

Open to under fives with their parents/carers All sessions take place at local libraries

Toy Library
Tues and Thurs 10am-12noon, East Ham

Imaginative Play
Fri, 11am-12noon, East Ham

Storytelling
Mon 11am-12noon Plaistow, Canning Town and Beckton Globe
Tues 11am-12noon Custom House
Tues and Fri, 11am-12noon, Stratford
Weds 2-3pm East Ham
Thurs, 2-3pm, North Woolwich
Fri, 11am-12noon, Green Street and Manor Park

YOUNG PEOPLE'S LIBRARY ACTIVITIES

All sessions take place at local libraries

Homework Club
For young people aged 7 to 14 School term only
Mon, 4-6pm Stratford and East Ham
Mon, 3.30-5.30pm, North Woolwich
Weds 3.30-5.30pm Green Street and Manor Park
Thurs, 4-6pm, Custom House and Plaistow
Fri 3.30-5.30pm Beckton and Canning Town

ADULT LIBRARY ACTIVITIES

All sessions take place at local libraries

Adult Reading Groups
Thurs 4 Apr, 6.45-7.45pm Plaistow
Mon 8 Apr, 6.30-7.30pm, Stratford

Over-50s Club
Thurs, 10am-12noon Beckton Globe

EXTRA ACTIVITIES

Royal Docks Learning & Activity Centre
Tues Bingo 10am-12noon
Healthy Cooking Group 10am-12noon
Weds, Mother and Toddlers group, free 9.30-11am
Coffee Morning free, 9.30-11am
Learn to Earn – Employment Support Drop-in, free, 10am-2pm
Sewing Classes, 10am-12noon
Thurs Tai Chi, £2, 10.30am-12noon
Sessions take place at Royal Docks Learning and Activity Centre, Albert Road, North Woolwich, E16
Call 020 7476 1666

LGBT Community Group
For over 50s Snacks and refreshments provided
Every third Tues of each month, 4-6pm, Community Resource Centre 200 Chargeable Lane E13 Call 020 7239 8055

Dirty Hands Project
Grow your own fruit and veg Open to all First Sat of each month, 10am-2pm Valetta Grove, (opposite Plaistow Station) E13 Visit www.dirtyhandsproject.org.uk or email dirtyhandsproject@gmail.com or call 07961 674 210

Table Top Sale
Sell your goods and keep your profits £5 a table – open to all
Last Sat of every month 9am-2pm Jack Cornwell Community Centre, Jack Cornwell Street, E12 Call 020 8553 3459
1st Sat of every month, 10am-4pm, Community Resource Centre, 200 Chargeable Lane, E13 Call 020 3373 2211

BASKETBALL

Youngbloods Basketball
All sessions cost £1
Sat 1-3pm
U12s, mixed
East Ham Leisure Centre E6
Mon, 6-8pm, U13/14s, boys
St Angela's School, E7
Tues, 5.30-7.30pm, Newham Leisure Centre, E13
Mon 4.30-6pm, U14s girls
St Angela's School, E7
Tues, 5.30-7.30pm, Newham Leisure Centre, E13
Tues, 6-8pm, U15/16s, boys
East Ham Leisure Centre, E6
Fri, 6-8pm, St Angela's School, E7
Tues, 8.9.45pm U17/18s boys, East Ham Leisure Centre, E6
Thurs 7-9pm St Bonaventure's School, E7
Fri, 6-8pm St Angela's School E7
Call 07958 307 657

Newham All Star Sports Academy (NASSA)
All sessions take place at UEL Docklands Campus University Way, E16 Sessions are £1 unless indicated otherwise
Visit www.nassasports.org.uk
Weds 4.20-6pm U13-14
6-8pm U16-18
8-10pm Senior Men
Thurs, 4.20-6pm U13-14
6-8pm U16-18
8-10pm, Senior Women, £2
Fri, 4.20-6pm U13-14
6-8pm U16-18
8-10pm Senior Men Run £2
Sat, 10.20am-12.20pm, junior boys and girls, 8-14, £2
Call 07703 503 995 or 07712 176 301

National League
Mon, 6-8pm, U13/14s, Rokeby School, Barking Road, E16
Tues, 6-8pm U15/16s Rokeby School, Barking Road E16
Thurs, 4.30-6pm, U13/14s boys, U14s girls, Newham Leisure Centre, Prince Regent Lane, E13
6-8pm, U16s, Newham Leisure Centre, Prince Regent Lane, E13
6-8pm, U18s, Cumberland School, Oban Close, E13

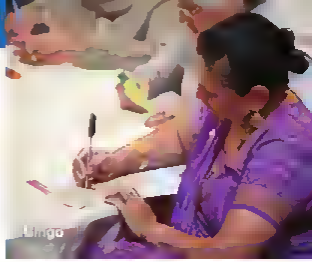
Gifted and Talented
Fri 4.15-5.30pm Cumberland School Oban Close, E13

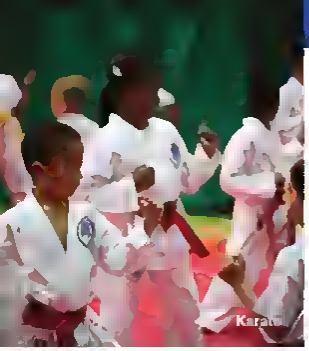
Basketball Session
Sat, 10am-12noon Newham Leisure Centre, Prince Regent Lane, E13

Senior Men/Women Programme
Mon, 7.30-9.30pm Division 2 Women and Division 3/4 Men Rokeby School, Canning Town E16
Call 07947 401 616

3v3 Basketball League
Thurs, 5-7pm, 8-19s, Forest Gate Youth Centre, Woodford Road, E7
Fri 7-8pm 8-19s, Little Ilford Youth Zone Rectory Road E12

3v3 Basketball Competition
2nd Sat of the month, 10am-1pm U12s/U14s/U16s, Little





Ilford Youth Club, Rectory Road, E12

Basketball & Multi Sports
Fri 5 6 30pm 8 19s Snowshill MUGA Snowshill Road E12

FOOTBALL

Mayor's Football League
U10s U12s, Mon, 4 30-6pm and U16s, U18s 6-7pm
Newham Leisure Centre, Prince Regent Lane, E13

WHU Kickz
Mon, U14s, 4-5 30pm
15+, 5 30-7pm
West Ham United Community Astro Turf (Beckton), E6
11-18s 5-8pm
Forest Gate Youth Centre, E7
Tues, U14s, 4-5 30pm
15+, 5 30-7pm
West Ham United Community Astro Turf (Beckton), E6
11 18s, 6 9pm
Priory Park MUGA E6
Weds, 11-18s, 5-8pm
Priory Park MUGA, E6
Thurs, 11 18s, 4-7pm
Priory Park MUGA, E6
Fri, U14s, 4-5 30pm
Girls 11+, 5 30-7pm
West Ham United Community Astro Turf (Beckton) E6
11-18s 5 8pm
Forest Gate Youth Centre, E7

Londan Youth Games
Mon, 4 30-6pm, U14, Newham Leisure Centre, Prince Regent Lane, E13

Football & Multi Sports
Mon 5 30 7pm 6 19s
Weds, 5-7pm, 8 19s,
Stratford Park MUGA, West Ham Lane, E15

5-a-side Football Competition
Weds 5 6 30pm, 8-19s Fords Park Fords Park Road, E16
Thurs, 5 30-7pm, 8-19s Royal Victoria Gardens, Pier Road, E6
First Sat of the month, 10am-1pm, U12s/U14s/U16s, Plashet Park Plashet Grove, E6

Football & Multi-Sports
Sat, 2-3 30pm, 8 19s, Winsor Park Estate, Winsor School MUGA East Ham Manor Way, E6

AIR Football (16+)
Tues 1 3pm and Fri, 10am-12noon 16+ Memorial Park, Memorial Avenue, E15
Fri, 3-5pm Beckton Powerleague E6
Visit www.arfootball.co.uk

Ascension Football Academy
All sessions £3
School years reception to 11
10-11 30am
King George V Park
King George Avenue, E16
Call 07806 584 925

BOXING AND SELF DEFENCE

Boxing
Weds, 7pm
West Ham ABC – community boxing, 11-19s
Olympic style amateur boxing sessions Hathaway Community Centre
Hathaway Crescent, E12
Call 020 8430 2000
Mon Wed Fri 5 6pm
West Ham Boys ABC 9+ boys and girls
The Black Lion 59-61 High Street, E13 Call 020 8472 3614
Mon, Wed, 6-8pm
Peacock ABC 8+ boys and girls
Caxton Street North, E16
Call 020 7511 3799
Mon Wed, Fri, 6 7 45pm
Newham Boys ABC 6+ boys only
Old Bath House, 141 Church Street, E15 Call 020 8519 5983
Fight For Peace 11+, boys and girls
Woodman Street, North Woolwich, E16
Call 020 7474 0054

Punch Out (16+)
Thurs, 8-9pm
Boxing fitness workout
Beckton Community Centre, Manor Way E6
Fri, 5-6pm, Katherine Road Community Centre 254 Katherine Road E7 Email getactive@newham.gov.uk

Shoujin Karate
Weds, (during term time only) 4 30-5 30pm Fri, 6-7pm and 7-8pm Sun, 10-11am
Sessions for beginners
Newham Shoujin Karate Club, Newham Leisure Centre
Prince Regent Lane, E13
Call 07508 070 638
Docklands Shoujin Karate Club
Mon, 6 20-8 20pm UEL Sports Dock Docklands Campus, E16 Call 07517 136 837

Tang Soe Do
Sat, 1-2 30pm (arrive at least 15 minutes before start) The Hub, 123 Star Lane E16
Korean Martial Arts for 5+ to adults. £5 per session – family discount available
Tue 7 30 8 30pm Grassroots, Memorial Park Memorial Avenue E15
Call 07725 948 426 or email ace_rosillo@hotmail.com

Hep Skip and Punch (18+)
Mon, 5 30-6 30pm, Katherine Road Community Centre 254 Katherine Road, E7
Call 020 8548 9825

Boxercise Bootcamp Class (16+)
Mon 4-5pm and Weds, 6-7pm
90 Day Fatbuster Programme
Indoor classes
Tues and Fri 6-6 45pm, Britannia Village Hall, 65 Evelyn Road E16
Outdoor classes
Mon and Thurs, 7 15-8am, East Ham Central Park High Street South, E6 Children 7+ welcome with parent. Email info@5starphysique.co.uk or call 07904 625 402

HEALTH AND FITNESS

BMX
Sun 10am-12noon 6-16s
£3/£2 members/£10 annual membership
Gooseley Playing Fields
St Albans Avenue E6
Call 07961 333 615/ 020 3373 9000 or email paul.farthing@activenewham.org.uk

Indoor Rounders (16+)
Mon, 6-7pm, SportsDock, 50p per session
University of East London, Docklands Campus, University Way, E16
Call 020 3373 9000 or email paul.farthing@activenewham.org.uk

Indoor Cricket
Weds 6-8pm, 8-16s,
Lister Community School, St Mary's Road, E13
Call 020 3373 9000 or email paul.farthing@activenewham.org.uk

East End Road Runners
Tues and Thurs, 7pm
Sun, 9am, meet on the track, coached sessions for all abilities
Newham Leisure Centre, Prince Regent Lane, E13
Call 07979 261 647

Run England sessions
All sessions are £2 indicated otherwise

Sun 10am-12noon, Newham Leisure Centre E13 (meet on the track)
Mon, 4-5 30pm, Newham Leisure Centre, E13 (meet on the track)
5 45-6 45pm, Newham Docks ide, E16 (meet at reception)
Tues, 6-7pm, Newham Leisure Centre E13 (meet on the track)
Weds, 12noon-1pm, Newham Docks ide, E16 (meet at reception)
Thurs, free 5 15-6 15pm, UEL Docklands Campus E16 (meet at reception)
Sat, 10-11 30am, East Ham Central Park, E6 (meet at the café)
10 11 30am, Wanstead Flats, E12 (meet at Harrow Road Changing Pavilion)
10-11 30am, Memorial Park, E15, £4 (meet at car park)
Call 07718 394 874

Cricket

Weds, 6-8pm U16s Lister Community School, St Mary's Road, E13 Call 020 3373 9054

Newham Swords (4+)

Tues, 6 30-9pm
Thurs, 6 30-9pm
Fri, 7 30-10pm
The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13
Call 07956 618 898

Newham Striders

Free sociable walking group, seven days a week
Call 020 8430 2000

Men's Health Faotball Fitness Sessians

Sat, 10-11am, West Ham United Community Training Facility, 60a Albatross Close, E6
Call 020 7473 7724

Family Fit Club

Sat 11am-12noon West Ham United Community Training Facility, 60a Albatross Close E6 Call 020 7473 7724

Zumba classes

Thurs, 7 30- 8 30pm, St Nicholas Church Hall, Gladding Road, E12, £5 per class. Call 07720 805 505

Saturdads

Sat 12noon 3pm For fathers grandads, uncles and children aged 0 16
Chandos East Hub 90 Chandos Road, E15
Call 020 8221 2137

Newham Young Britons A.S.C

Sat 6 15 7pm
Learn to swim and/or improve your strokes
Children s session, (£2) 5 16
Newham Leisure Centre, Prince Regent Lane E13
Call 07956 304 518

Yoga Classes

Tues 6 10-7 10pm and Fri 10 30-11 30am,
£5 50 for full-time workers or £3 50/£4 for students and those in receipt of benefits
The Hub, 123 Star Lane, E16
Weds, 6 30 7 30pm
The Unitarian Church, West Ham Lane, E15
Call 07956 808 007 or visit www yocoma co uk

Woodside Badminton Club

Fri, 8-9 30pm Intermediate and club standards players welcome, £5 waged/£3 unwaged, Carpenters Docklands Centre, 98 Gibbins Road, E15 Call 07958 761 676 / 07956 150 240

Table Tennis

Thurs, 6 30-9pm
For beginners and intermediate adult players
Stratford School, Upton Lane, E15 (Doris Road entrance)
For more info call 07976 577 716 or 07828 866 031 or email ginny harris10@btinternet com

Qi Gong

Thurs 8pm
Suitable for adults of all abilities £5 per session on the Docklands Community Boat moored near ExCeL. Meet at the gates to Millennium Mill Mill Road E16
Call 07930 610 275 or email lee@bigheavenlittleheaven com

UnityZumba

Mon and Wed 8-9pm, Hartley Centre, 267 Barking Road, E6
Tues, 7 45-8 45pm and Thurs, 8 15-9 15pm, St Mark's Community Centre, 218 Tollgate Road, E6
Sun, 6 30-7 30pm,
Classes are £5 each adults children £3, (7+)
The Well Centre, 49 Vicarage Lane E6 Call 07886 884 573

Beginners' Ballroom

Mon 10am 12noon St Paul s Church Centre Burges Road, E6 £2 50 per session Call 07761 209 463

Twisted Pink

Fri, 6-7pm
Street Dance sessions open to 7-21s, £3
Fri, 7 15-8 15pm Zumba classes. (From 30 Nov) £5 including childcare St Luke's Church, 89 Tarling Road, E16
Call 07534 513 307, visit www twistedpink org uk or email twistedpink26@aol com

Zumba with Annabel (17+)

Mon 7-8pm £5 a session
Vicarage Lane Community Centre Govier Close E15
Weds 7 30-8 30pm, Beckton Community Centre, East Ham Manor Way, E6. Call 07500 898 665

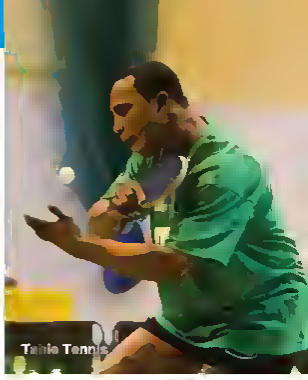
Badminton at Little Ilford School

Thurs, 7-9pm For all standards £4 for a court and bring a racquet
Browning Road E12 Email morgan_phil@hotmail com or call 07944 117 263

FEMALE SPORTS

Fitness Classes (12+)

Tues 8 9pm
Zumba. £6 and 9 9 30pm Body Conditioning £3, The Hub, 123 Star Lane E16 Email bollywoodfuzion@gmail com or call 07830 455 823



Dare2Dance

Fri, 3 30-5 30pm
Street dance classes for girls, 12-16s Newham Leisure Centre, Prince Regent Lane, E13 Call 020 3373 9000

Girls Spinning Sessions

Mon and Weds 4-4 30pm
11-16 Newham Leisure Centre Prince Regent Lane E13 Call 020 7511 4477

Female Only Gym Sessions

Tues and Thurs, 3 30-5pm
11-16s Weds, 1 30-3pm,
16-25s Newham Leisure Centre, Prince Regent Lane E13
Call 020 3373 9000

Female Boxfit Classes (16+)

Mons, 4 15 5 15pm, Balaam Leisure Centre Balaam Street E13 Call 07970 783 526

Girls Football

Tues 3.30-5.30pm, 11-16s, Newham Leisure Centre Prince Regent Lane, E13

Women United AFC (11+)

Mon (term time only) 6 7 15pm, Kingsford School E6, £1 per session Call 07792 932 979

Get Back into Netball

Tues, 6-7 30pm, juniors, 7 30-9pm, seniors OPA Netball Club sessions £2 per session Lister Community School, St Mary's Road E13
Call 07717 281 529

Body Blast (16+)

Mon 7 8pm Weds 12 30-1 30pm and Thurs 6-7pm
£5 per session Talent Central Unit 27a 3 Armada Way

Gallions Reach Shopping Park, E6 Call 07866 612 610

Abs Blast
Thurs, 5 30-6 15pm, 11-16s, Sessions cost £3 Newham Leisure Centre, Prince Regent Lane, E13

Just Play (16+)
Wed 6 30-8pm, Multi-sport session Newham Sixth Form College, Prince Regent Lane E13 Call 020 3373 9000

Female Multi-Sports
Fri, 4 15 5 15pm Cardio, Tennis, Handball, Rounders, Football and more Little Ilford Youth Zone, Rectory Road, E12 Call 020 8556 5973 or email Farrakh Khan@locsp.org

Sheila's Yummy Mummy buggy (16+)
Mon 10 11 30am £5 per session East Ham Central Park, E6 (meet outside cafe in the park) Fri, 10 11 30am, Plashet Park, Plashet Grove, E6 Call 07908 614 958 or email spoleon@aol.com

Janice's Fitness (16+)
Tues, 9 30-10 30pm Soca and Zumba fitness sessions £5 per session St George and St Ethelbert Church Hall, Burford Road E6 Email info@jfikarate co uk or call 07818 000 643

Bollywood Dance Class
Wed 6-7 30pm, For ages 13-18 Katherine Road Community Centre, 254 Katherine Road E7 Call 020 8548 9825

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports
Wed and Fri evenings 6-8pm Flying Wheels club for young wheelchair users 6 22 Rokeby School, Barking Road E16 Call 07888 085 259
Fri 4 30 6 30pm, U19s, Newham Leisure Centre E13
Tues, 10 30am-12noon, Disabled Multi-Sports. Newham Leisure Centre, E13 Call 020 7511 4477
Fri, 4 30-6pm, NewVic, Prince Regent Lane, E13
Call 07811 671 082

Wheelchair Basketball
Wed 4-5pm 11-19 Rokeby School Barking Road, E16 Call 07947 401 616

Family Swims for Disabled Children and Adults
Sat, 4 30 5 30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13 For more details call 07931 788 739
Sun, 12 30-2pm, Family Swim, Balaam Leisure Centre, E13, £5 Call 020 7476 5274

Trampolining Sessions
Fri, 5 7pm and Sat, 12noon 2pm U19s Newham Leisure Centre E13 Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children
Wed, 10am-12noon, East Ham Leisure Centre E6 £1 15 per session. Call 020 8548 5850

Swim for Families dealing with Autism
Wed, 4 5pm Balaam Leisure Centre, E13 Call 020 7476 5274

Get fit for free
Tues, 1 30-3 30pm and Fri, 10am-12noon Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre. To book an induction call on 020 7511 4477

B1 Football Club
Third Sun of every month, 10am-12noon, East Ham Leisure Centre, E6

Soft play and exercise to music
Sat, 2-3pm, Newham Leisure Centre, E13 Call 020 7511 4477

Disabled Athletics
Tues 4 15-6 15pm, 11 18s Brampton Manor Roman Road E6
Thurs, 4 30-5 55pm, St Angela's Ursuline School, 1 Saint George's Road, E7
Email cnourrice@englandathletics org

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless specified

Tues 2 Apr
7pm Regeneration and Employment Scrutiny Commission Committee Room 2
7pm, Health and Social Care Scrutiny Commission, Committee Room 1

Tues 9 Apr
7pm, Children and Young People Scrutiny Commission, Committee Room 1

Visit **www.newham.gov.uk/committee** for updates

CONTACT THE MAYOR

Walk-in surgeries
Thurs 4 Apr 11am
Stratford Local Service Centre 112 118 The Grove E15
Mon 8 Apr 9.30am
The Place 2 Silvertown Way, E16

Telephone surgeries
Wed 10 Apr
You can telephone ***020 8430 2000*** between ***9.30am*** and ***10.30am*** and register your query and contact details The Mayor will then ring you back at a later time

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Way, E6
Canning Town
Barking Road, E16
Custom House
Prince Regent Lane, E16
East Ham
High Street South, E6
Green Street
337-341 Green Street
The Gate 4-20 Woodgrange Road Forest Gate, E7
Manor Park
Romford Road, E12
North Woolwich
5 Pier Parade, E16
Plaistow North Street, E13
Stratford 3 The Grove, E15
Archives and Local Studies (limited postal and email service only) call 020 3373 6881 email archiveslocalstudies@newham gov.uk
Community Outreach Services To find out more call 020 3373 0813

Hundreds of services – one website. Visit **www.newham.gov.uk**

Call Newham Council on **020 8430 2000**

Follow us on Twitter **@NewhamLondon**

Find us on Facebook **www.facebook.com/NewhamCouncil**

Newham London

www.newham.gov.uk/youthzones

>> NEWHAM YOUTH ZONES

It's all about YOU & what YOU want to do!

11-19 years?

Interested in:

- sports
- dance
- filming
- cookery
- gardening
- fitness gym
- homework support
- music technology
- drama
- someone to talk to
- ICT
- singing
- arts and crafts
- members committee
- making friends
- training and employment advice
- and much more

Whatever you're into there's something for everyone at your local youth zone.
For more information visit: www.newham.gov.uk/youthzones

Public Exhibitions

London City Airport's Proposed Development Programme

Following initial consultation in December last year, we will shortly be finalising our plans to **extend and improve the airport's existing infrastructure**.

Now is a good time to let us have any further comments and ideas on our plans ahead of submission of our planning application to the London Borough of Newham.

The **City Airport Development Programme (CADP)** will extend the airport eastwards, providing additional aircraft stands, new high quality passenger handling facilities, a hotel and associated car parking. It will ensure we have the facilities to remain London's business class airport of choice.

The CADP will **not change the airport's permitted number of flight movements** and it will **not extend or build a new runway**.

Our emerging programme of investment will enable us to continue to provide thousands of jobs at the airport - and to **create over 1,000 new jobs** - to improve the international gateway to Newham and support the wider regeneration of east London.

Details of the exhibitions – where you can see the draft proposals, ask questions of the team and have your say – are below.

Events in Newham

Wednesday 10 April - 4pm to 8pm
Royal Docks Learning and Activity Centre
Albert Road, North Woolwich,
E16 2JB

Friday 12 April - 2pm to 6pm
Britannia Village Hall,
65 Evelyn Road,
E16 1TU

Find out more and send your comments to:
www.londoncityairport.com/aboutandcorporate/page/cadp
cadp@londoncityairport.com
0203-203-2523

LondonCityAirport